

Grilled Prosciutto-Cheddar Sandwiches with Onion Jam

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Servings: 4

Preparation Time: 1 hour 15 minutes

Cook time: 5 minutes

ONION JAM

2 large sweet onions, sliced

1 cup dry red wine

2 tablespoons honey

1 tablespoon red wine vinegar

1/4 teaspoon crushed red pepper flakes

1/4 teaspoon salt

1/4 teaspoon pepper

4 teaspoons apricot preserves

SANDWICHES

8 slices cinnamon-raisin bread

8 thin slices prosciutto OR deli ham

4 slices aged Cheddar cheese

3 tablespoons butter, softened

For the jam: Place the onions and wine in a large skillet. Bring to a boil.

Reduce the heat. Cover and simmer for 30 minutes.

Stir in the honey, vinegar, pepper flakes, salt and pepper.

Simmer, uncovered, for 30 minutes or until the liquid is evaporated.

Stir in the apricot preserves. Cook 3 to 5 minutes longer or until the onions are glazed.

Remove from the heat and cool slightly.

Spread four bread slices evenly with the onion jam.

Layer with the prosciutto and Cheddar cheese.

Top with the remaining bread. Butter the outside of the sandwiches.

In a large skillet over medium heat, toast the sandwiches for 2 to 3 minutes on each side or until golden brown and the cheese is melted.

Yield: 1/2 cup onion jam

Per Serving (excluding unknown items): 189 Calories; 9g Fat (49.5% calories from fat); 1g Protein; 19g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 264mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 1/2 Fat; 1 Other Carbohydrates.